

THE MOUNTAIN POST COMMUNITY INFORMATION EXCHANGE

October 25, 2012 Newsletter



COMMAND UPDATES

- Election Day 6 Nov
- Holiday Season Event and Party Venues -

DFMWR is offering deals for on- and off-site events

• America Recycles Day -

15 Nov, 0900-1800 at the Old Commissary Parking Lot

Thanksgiving DFAC Schedules

Joint NCO Academy - 15 Nov 12, 1130-1300hrs

Evans ACH - 15 Nov 12, 1100-1330hrs

LaRochelle(10SFG) - 20 Nov 12, 1100-1500hrs

Stack - 21 Nov 12, 1100-1400hrs

Warfighter - 21 Nov 12, 1100-1400hrs

Wolf - 21 Nov 12, 1100-1400hrs

EDITORIAL CORRECTION FROM SEPTEMBER NEWSLETTER

Effective October 12th, two of the MED-DAC Family Medicine Clinics were renamed. Evans Family Medicine clinic, located within the PFC Eric P. Woods Soldier Family Care Center, will become Iron Horse Family Medicine Clinic. The current Iron Horse Family Medicine Clinic, located on the second floor of Evans Army Community Hospital, will be renamed Warrior Family Medicine Clinic. This is only a name change! Patients remain with their assigned primary care managers in their current clinic locations.

Inclement Weather Procedures

The Commanding General of $4^{\rm th}$ ID and Fort Carson is the sole decision making authority on all Severe Weather Incidents

Decisions will be made by 0400 and all media outlets will be notified.

The Superintendent of the Fountain/Fort Carson School District 8 will make the determination for the schools within the district (that includes schools on post

Closure of Post:

Closure of Post <u>**DO NOT**</u> report for duty
Only <u>**Mission Essential Personnel Report**</u> for duty

Delayed Reporting: It allows Soldiers and Employees extra time to safety drive to work. Early/Phased Release: Is designed to safely manage the flow of personnel and ve hicles off post in a timely manner. Early Re lease is conducted in 3 phases:

Phase I: Live > 15 miles from Fort Carson

Phase II: (30 Minutes later) 5-15 miles from Fort Carson

Phase III: (30 Minutes later) within 5 miles of Fort Carson

Curtailment of Operations: Cancellation or modification of training and post activities in response to hazardous road conditions.

No Change: All personnel report at their usual time.

Monitor Scroller on www.carson.army.mil and/or call Ft Carson Severe Weather Hotline 526-0096

The Answers to Your Questions...

- Q. Would it be possible to get a new bus stop at street on Saint Lo?
- A. Garrison is currently in coordination with the school to determine potential.
- Q. Will the PX and Commissary parking lots be plowed after snow storms? There have been issues in the past.
- A. Snow conditions will drive efforts. Once DPW finishes plowing priority areas in accordance with its snow removal plans, other parking lots will be given attention. Once snow reaches 3 inches on post, main roads, WTU, CDC, public sidewalks and Chapel areas are priorities.
- Q. Which locations on post are free for FRG meetings?
- A. The Foxhole, Hub, Family Readiness Center, BBC meeting/conference rooms at both community centers are all free.
- Q. Who is the correct point of contact for DFMWR catering?
- A. 576-6646 goes to the new POC for any catered event through Fort Carson. Additionally, the following DFMWR venues are available for events:

Elkhorn: 325-425 person capacity, 576-6646

Hub: 275-350 person capacity, 576-6646

Bowling: 50-200 person capacity, 526-4102

Cheyenne Mountain Golf Course: 160 person capacity, 526-4102

SEC: 600 person capacity; available before 17 Nov and after 15 Dec (mission-

dependent), 526-1163

It's Fun to PLAY at the YMCA...2190 Jet Wing Drive

2 Nov – Military 1st Dinner

16 Nov – Military Veterans Appreciation Day

20 Nov – Military Movie Night

1 Dec — Breakfast with Santa Call for a FREE 2 week YMCA trial membership - 622-9622



	MEDDAC JOB VACANCIES							
POSITIONS LPN	SERIES/GRADE GS-0620-06	# POSITIONS 3	CLOSING DATE Various dates					
Medical Support Assistant	GS-0679-04	4	Continuous					
Office Support Assistant	GS-0303-06	1	10/26/12					
Pharmacist	GS-0660-12	1	10/26/12					
Social Worker	GS-0185-12	2	10/26/12					
Physicians	GP-0602-14	6	Various dates					
Clinical Psychologists	GS-0180-13	2	11/30/12					
Registered Nurse	GS-0610-10	2	Various dates					
Social Worker	GS-0185-11	3	Various dates					
Medical Supply Tech	GS-0622-06	1	10/26/12					

Apply/review posts at http://www.usajobs.gov/ or CivilianMedicalJobs.com for health professionals. Note When Candidates log into USAJOBS, "Refine Your Results Jobs For" and click on either U.S Citizens (applies to all candidates with no affiliation to the U.S. Government or Federal Employees (Current, Transfers, Reinstatements, Interchange Agreements, Military Spouses, Veterans or Disability Preference).

Main Pharmacy Temporary Closure - November 7th -12th

Services During Closure

New Prescriptions- PFC Woods SFCC Pharmacy Wednesday to Thursday 8 a.m. to 6 p.m., Friday 8 a.m. to 5 p.m. Refill Pick-up - Inpatient Pharmacy located in Evans Service Level Wednesday – Friday 8 a.m. to 5 p.m., Saturday 8 a.m. to 4 p.m. November 10th-12th - Only emergency prescriptions (ER, Emergent Care) will be filled at Inpatient Pharmacy

Thank you for your patience while we upgrade to improve your healthcare experience.

The Child and Family Assistance Center (CFAC)

Provides easily accessible behavioral health counseling services to Children and Adolescents of Active Duty Service Members and their Families.

PLEASE CALL 526-CARE TO CANCEL APPOINTMENTS FOR ANY REASON..
NO SHOWS HURT OTHER PATIENTS.

Advisor/Unit Updates

Layette Program

Sponsored by 4ID, offers each new Ft Carson mom thoughtful gifts and information, including details on helpful classes offered on and around post. Looking for reps from each Brigade to help track Carson babies born off-post.

Mountain Post Spouses Club

- ◆ Coat Drive Thru 1 Nov, Drop-off locations: Family Connection, Commissary, Evans Army Community Hospital, Iron Horse Gym, Post Exchange, The Hub. You may also donate coats at the MPSC Holiday Bazaar on November 3, 2012. Holiday Bazaar 3 Nov at the Elkhorn 9:00-15:00. Need volunteers, sign-up on FB page or contact mpscholidaybazaar@gmail.com
- Fort Carson Troop 164 Boy Scouts Annual Fundraiser Wreath Sales Boys will not go door-to door. Purchase one for yourself or have one shipped to a family member abroad. The orders must be paid for, in full and submitted no later than October 31, 2012. A Boy Scout will deliver your order during the first week after Thanksgiving. Any mail orders will be shipped directly from the company to the recipient. Contact MPSC POC 284-0186 for your fresh wreath!
- ◆ Our November luncheon will be held at the Elkhorn Catering and Conference Center: 7300 Woodfill Road, Fort Carson, on Thursday, Nov. 15, 11am − 1pm. Program will include information on decorating table settings for the holidays and other parties as well as holding a recipe swap. Please send in your favorite recipe with your RSVP. Cost: \$10 payable at the event RSVP: Please RSVP by November 8th to mpsc.reservations@gmail.com This month we will be sponsoring Santa's Workshop. Please help us in aiding our military families in need by bringing a new, unwrapped gift for a child under the age of 12. If you have not yet joined the MPSC − this is a great time to become a member. Membership is \$25 per year and applications are available at any MPSC event.

Santa's Workshop

Application program has been extended to 2 Nov and 6 Nov for CAB. Applicants can pick up an application. CFNCO and FRSA may drop applications off at the AER office. Rear Detachment Commanders may sign off on applications if CFNCO and 1SGT or Commander are not available. Unit "shopping" times will be given the week of Nov 12, NLT than the 16th. These times will be given to CFNCO or FRSA. Contact Applications Chair at mpsws.applications@gmail.com for any questions or concerns

Additionally, the Adpot-A-Child program or holding a toy drive is a great way to support our program if any organization is interested. Consider this through your coffee groups, FRG, Unit or individually.

Thrift Shop

Needs more board members. Rank is not a factor. Contact thriftshop@gmail.com

Tumbleweeds

New items are always coming in! Now accepting credit cards. Collecting funds for scholarships.

2BCT

Recommends Turkey Creek for special events. Their Fall Festival was a great success, and included the Penrose House.

Balfour Beatty Communities								
November 2012								
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
All events are held at the Joel Heffey Community Center unless otherwise stated	For information on any event please contact Kris Spiller, LifeWorks Coordinator, at kapiller@bbcgrp.com		STEEL ED	Food Drive Begins drop off at buildings 6800, 4800 and 6271	Hand Print Turkey Craft Day 10am!!	YARD SALE		
It's time to "Fall Back!" Daylight Savings Time Ends Sunday at <u>Zam</u>	Nominate your Neighbors contest begins, email nominations to Kris Snack and Story time at the Heffey 10am!!	ELECTION 2012 ****	7 The Mountain Post Running Club Check from 4pm to 6pm at the HUB		9 Make a Pie Class 1pm. Start of coloring contest, pick up page at the JHCC	Happy Birthday Marines!!!		
11	12 Offices are closed in observance of Veterans Day	13 FCC Craft Day 10am MUST email Kris to let her know how many kids will attend kspiller@bbcgrp.com	The Mountain Post Running Club 4 – 6 Yard of the month 1pm	15	16 Coloring contest winners announced	YARD SALE		
18	Nominate your Neighbor contest winners announced Turkey winners from food drive announced	20 Kids Craft and Story Time Thanksgiving Craft 10am	21 No Running Club this week due to Thanksgiving!!	Happy Hardisgiving	Black Friday Shopping Day	24		
ELECTION 25	26 Kids Ornament Class RSVP 10am	27 Kids Craft and Story Time 1pm Snowman Craft	28 The Mountain Post Running Club 4 – 6	Adult Craft Time Fort Carson Ornaments RSVP 6pm	30 ****			

Religious Services Holiday Activities

NOVEMBER

- 3-4 1700-1200 Youth Ministries Homeless Awareness
- 17 0900-1200 Catholic RE Family Seasonal Workshop
- 17 1700-2000 Mass of Thanksgiving and dinner
- 18 1200-1400 Thanksgiving Meal
- 26 0930 Hanging of the Greens

Homeless Awareness Overnight

Sat. 3 Nov, 17:00 - Sun. 4 Nov, 12:00

This event will show youth the importance of giving to those in need.

Holiday food and winter clothing is being accepted and donated to the Springs Rescue Mission.

DECEMBER

- 2 1200-1400 Stone Soup
- 7 1730 Immaculate Conception Vigil Mass
- 7-8 1800-2000 Living Nativity
- 11 1730 Advent Penance Service
- 15 0830-1200 Bethlehem Bash
- 15 1700 Mass and Potluck Dinner
- 15 1700 Christmas Musical
- 16 1100 Goodie Day
- 16 1200 Christmas Potluck Lunch
- 24 1700 Christmas Vigil Mass
- 24 1900 Christmas Eve Worship
- 25 0900 Christmas Mass
- 31 1730 Mary Mother of God Vigit Ma

VETERANS DAY DISCOUNTS 2012

**FREE MEALS ON VETERANS DAY

OLIVE GARDEN

Veterans Eat Free. Olive Garden Restaurants offer a free meal (with proof of service) from a list of several entrees on a special menu. This special is scheduled for Monday, November 12, 2012. Additionally, some Olive Garden restaurants will also give out a \$10 gift card to veterans for a future visit.

APPLEBEE'S

Military Veterans and Active-Duty Service Members will be able to eat FREE at any Applebee's across the U.S. on <u>Veterans Day, Sunday, November 11, 2012.</u> There will be six entrées available from the menu. Guests will be asked to show one ore more of the following as proof of Service: a U.S. Uniform Services Identification Card, a U.S. Uniform Services Retired Identification Card, Current Leave and Earnings Statement, Veterans Organization Card, a photograph in uniform, or wearing a uniform in person. For more information about Veterans Day at Applebee's, visit the Applebee's website http://www.applebees.com/vetDay/default.aspx

GOLDEN CORRAL

Golden Corral's 9th annual Military Appreciation Monday dinner will be held on Monday, November 12, 2012, from 4 to 9 pm in all Golden Corral restaurants nationwide. The FREE dinner meal is a special "thank you tribute" to any person who has ever served in the United States Military. If you are a veteran, retired, currently serving, in the National Guard or Reserves, you are invited to join us for Golden Corral's Military Appreciation Monday dinner. To date, Golden Corral restaurants have provided over 2.2 million free meals and contributed over \$3.3 million to the Disabled American Veterans organization.

CHILI'S

FREE meal, Veterans Day, Sunday, Nov 11, 2012. Chili's is offering all Military Veterans past and present their choice of one of 6 meals. This offer is available during business hours at participating Chili's in the U.S. only. Dine-in from limited menu only; beverages and gratuity not included. All Desserts priced \$5.00 for Veterans and active duty military. Simply show proof of military service. See flier for more information.

T.G.I. FRIDAYS

In recognition of Service, ALL Veterans and Active Duty personnel are invited to EAT FREE this <u>Veterans Day, Monday, November 12, 2012</u>. To get the free meal, service men and women will have to show proof of service. Proof of service includes: U.S. Uniform Services Identification Card, a U.S. Uniform Services Retired Identification Card, Current Leave and Earnings Statement, Veterans Organization Card, a photograph in uniform, or wearing a uniform in person.

Valid only at: 3555 S. 2700 W., West Valley City.

130 W. 10600 S., Sandy.

4029 S. Riverdale Rd., Riverdale

**Don't forget T.G.I. Friday's offer a 10% Discount for all Service men and women with proof of service all day everyday.

HOOTERS

FREE Meal, Veterans Day, Sunday, Nov 11, 2012. Hooter's is serving up 10 free boneless wings to military veterans all day on Veterans Day. Offer good for all veterans and active duty military personnel. Offer valid at participating Hooters, Dine-in only, open to all active duty and military veterans with valid military ID or proof of military service. Drink purchase required. For more information, visit, www.HootersVeteransDay.com.

TEXAS ROADHOUSE

FREE meal, Veterans Day, Monday, Nov 12, 2012. Offer varies by location; our local Texas Roadhouse is offering a free meal from opening until 4pm. Other locations may vary in offer, hours, or availability. Call ahead to your local restaurant for more information. Visit the web site for locations and participation. http://www.texasroadhouse.com

SUBWAY

Free Six Inch Sub. Many Subway locations offer a free six inch sub to military veterans on Veteran's Day, November 11, 2010. However, Subway restaurants are franchises, so this offer may only be available in select locations. Please contact your local Subway for more information regarding Veteran's day specials.

KRISPY KREME DOUGHNUT

Free doughnut. Available only at participating Krispy Kreme stores. Offer available to all active-duty, retirees & veterans on <u>Veterans Day, Sunday November 11, 2012</u>. Be sure to call ahead to verify your local Krispy Kreme is participating.

Denny's Restaurants

All-you-can-eat Pancakes. Participating Denny's restaurants will be offering an all-you-can-eat pancakes meal on Monday, Nov 12, 2012. Remember to call ahead and verify that your local Denny's is participating.

**OTHER DISCOUNTS ON VETERANS DAY

SKYRIDGE INN Bed & Breakfast

Free night stay. The Sky Ridge Inn B&B in Torrey, Utah is offering a free night stay to a veteran and a single guest. This offer is limited by availability of rooms. Reserving ahead of time is recommended. For reservations call (435) 425-3222.

CABELA'S OUTDOOR STORE

Veteran's Day weekend, Cabela's outdoor store is offering their employee discount to all veterans, active duty military and reserves, law enforcement, fire and EMS personnel on Nov. 11 and 12. Dubbed a "Hometown Heroes" event, eligible shoppers will need to check in at a table at the store to receive a coupon for the discount. The discount varies from 5% to 50%, depending on item. Some items may be excluded.

HOME DEPOT and LOWES MILITARY DISCOUNT

The 10% military discount is available to: Active-duty military members, National Guard and Reserve members, retirees, honorably discharged veterans and immediate family members of all those groups are eligible. Customers requesting a discount must be able to show a valid military ID card or other proof of military service (a DD Form 214 or VFW membership may qualify).

SPORTSCLIPS

FREE haircut to active-duty military & veterans. Offer only available at select locations on Veterans Day, Monday, November 12, 2012. Additionally, offers 20% discount on all services and products to Military and Veterans everyday. Sports Clips is currently participating in the Help-A-Hero program which provides free call time to deployed or hospitalized military personnel. Please call to verify local participation.

SLEEP NUMBER STORES

This year Sleep number is offering a couple of discounts. Among these are \$600.00 off on all I8 or M7 beds, 30% off all bedding items, and 0% interest on 24 months financing. This is only available to military and veterans. This special is going on now through Nov. 18. Contact your local store for more details.

SONIC CAR WASH

FREE car wash to Veterans on Veterans Day, Monday, November 11, 2012.

VETERANS DAY DISCOUNTS

**The following companies offer discounts, but you may find that <u>NOT</u> all locations participate:

Restaurants

- Arby's
- A&W
- Burger King
- Carl's Jr.
- Chevy's Fresh Mex
- Chick-Fil-A
- Chipotle
- Denny's
- Dunkin' Donuts
- IHOP
- KFC
- Long John Silver's
- McDonald's
- Panda Express
- Pizza Hut
- Ouizno's
- Red Robin
- Sonic
- Taco Bell
- Wendy's

Travel

- AmTrak
- Best Western
- Choice Hotels
- Continental Airlines
- Cruise lines (most)
- Hyatt Hotels
- Marriott HotelsWyndham Hotels and Resorts

Car Care

- AutoZone
- Checker Auto Parts
- General Motors
- Jiffy Lube
- Kragen Auto Parts
- Meineke
- NAPA Auto Parts
- Super Sonic Car Wash

Cell Phone Service Discounts

- Alltel
- Cingular
- Sprint/NexTel
- T-Mobile
- Verizon

Clothing and Shoes

- Aeropostale
- The Children's Place
- Dress Barn
- Fanzz (10%)
- The Finish Line
- Foot Action (15%)
- Foot Locker (20%)
- Hot Topic
- Jos. A. Bank
- Jockey
- Kohl's
- Lerner
- New York & Company
- Pac Sun
- Reebok
- Timberland Outlets (active duty only)
- Wilson's Leather

4th Infantry Division & Fort Carson

DIV FRSA 503-0025

Army Community Service (ACS)

Director 526-0443

Family Advocacy Pgm Mgr 526-4590

Army Volunteer Corps Pgm Mgr 526-1082

Family Enrichment Pgrm Mgr 526-0460

Exceptional Family Member Pgm Mgr 526-0446

Carson Cares 526-1949

Survivor Outreach Svcs 526-0442

Warrior Family Community Partnership 526-8747

AFAP / AFTB

526-4590 / 526-8636

12-14 Sep 2012: FY2013 AFAP Conference

8am-4pm, Elkhorn Catering and Conference Center

American Red Cross

526-7144 http://chapters.redcross.org/co/ftcarson Information:

Main Office 526-2311

Hospital Office 526-7144

Wounded Warrior Programs 526-2311

Army and Air Force Exchange Services

AAFES Manager 576-6174

Army Education Center 526-4104

Army OneSource

303-818-6242, www.myarmyonesource.com Free entrance to CO National Parks with DV ID SJA advancements—pro bono benefits Key Partnership Forum

Balfour Beatty Communities

491-8026

Information: Mountain Post Running Club every

Wednesday from 4-6pm at The Hub.

Big Brothers/Big Sisters of Pikes Peak Region

457-8404 www.bebigpikespeak.org

BOSS

524-2677, Office located at The Hub

Civilian Personnel Advisory Center (CPAC)

Fort Carson Employment Information Bldg. 1118, Rm. 161 (AF), Rm 142 (NAF) 526-6972 / 526-0478 / 526-5316

Colorado Military Family Alliance (CMFA)

pcstvnsn@aol.com

Commissary

Store Manager 524-9800x102

Customer Service Management USAG Plans, Analysis & Integration Office

Customer Service Manager 526-5638 http://www.carson.army.mil/cms/https://ice.disa.mil/

Directorate of Emergency Services

Director 526-1453

Non-Emergency Dispatch 526-2333

Directorate of Family and Morale, Welfare and Recreation (DFMWR)

Director 526-6452

Complete Calendar at www.mwrfortcarson.com

Business Division Chief 526-6933

Elkhorn Catering and Conference Center 576-6646

Child, Youth and School Services Coordinator 526-1333

Recreation Division Chief 524-4417

Sports and Fitness 526-2151

Events and Entertainment Coordinator 526-4495

www.facebook.com/CarsonMWRevents

www.mwrfortcarson.com

Directorate of Public Works Director 526-3415

Family Readiness Center 526-5199

usarmy.carson.forscom.mbx.family-readiness-center@mail.mil

Fountain-Fort Carson School District 8

Superintendant 382-1310

Installation Care Team

rfmcl@aol.com

Military Child Education Coalition/ Parent to Parent

375-0548, Co_parent2parent@yahoo.com

Mountain Post Spouse's Club

MPSpousesClub@gmail.com

Info: Submit board position nominations to above email.

Pikes Peak Area Council of Government

http://pikespeak.networkofcare.org Military impact planning, Service Directory, Library, Social Networking, Legislate, Assistive Devices, Nationwide News

Protestant Women of the Chapel

pwocadmin@gmail.com, fortcarsonpwoc.wordpress.com

Religious Support Office 526-5279

School Liaison Officers:

School Dist: School of Knowledge, Inspiration, Explora-

tion & Skills Unlimited 524-2896

School Dist: 12, 20, Private & Parochial 526-3362 School Dist: 22, 23JT, 28, RJ-1, 60-JT,200, Douglas

County, 53JT 526-1071

School Dist: 2, 3, 8, 14 524-0642

Thrift Shop

Bldg 305 on Tevis St.

Tues-Thurs 1000-1430, and First Saturday of the month Apr-Sep

USA MEDDAC Fort Carson

COL McGrath, MEDDAC CDR 526-7500 Appointment Line: 524-/526-CARE (2273)

USO Manager 579-9699 1625 Ellis St., Bldg 1218

Information: Mon-Fri: 1100-2100, Sat: 1200-1800

Lunch: 1100- lunch runs out
- Mon: Texas Roadhouse
- Tues & Wed: Papa Johns
- Thurs: Buffalo Wild Wings

- Fri: BBQ by Perkins 2X/month/ hot dogs

Dinner: 1800- 2030, Hot dogs, brats or burritos WiFi Internet Café, Movie Theater, TV Lounge, Snack Bar & Patio, Karaoke and Special Events, Gaming Areas, Xbox, Pool Table, Poker Tables, Conference Room, Children's learning center and more...

United States Postal Service 360-9667

Fountain Post Office 382-4625 Security Post Office 570-5450 Cheyenne Mountain Post Office 570-5472

VETCOM

Vet Treatment Facility NCOI 526-9841 Microchip and register all pets 526-3803

> Next CIE Thursday, 25 Oct 0930-1100

Location: The Hub

29 NOVEMBER